

Re: Homeopathic Medicine and Advertising Workshop

I use, and have used for twenty years, Oscillococtinum for symptoms of colds and flu. I have used this remedy with dramatic success. European friends had mentioned generally their use of homeopathy, and after consulting the package and instructions, I elected in 1995 to begin using Oscillococtinum. My symptoms are alleviated and disappear within one or two days, and I experience no side effects, save for a feeling of relaxation that relieves a sense of agitation I sometimes feel when I begin to feel ill. Based on my success with Oscillococtinum, and sometimes under medical supervision, I have also used Arnica ointment, and now Traumeel or Zeel ointments, with great success, for various aches and pains of muscles and joints. The most dramatic use I made occurred when I broke a toe and used Arnica on the top of the toe and, erroneously, not on the bottom of the toe. No black and blue discoloring occurred on the top of the toe, and considerable discoloring occurred on the bottom of the toe. I have also very occasionally used Gasalia, which has been helpful. My favorable experience with homeopathy and the labeling on the package led me to try it, with entirely adequate relief.

At about the time I began using Oscillococtinum,, I began reading, studying and, as needed, consulting Andrew Lockie's <The Family Guide to Homeopathy>. I have found it useful as an introduction and as a means of understanding homeopathy at a more detailed, perhaps deeper, level, as a way to understand the development of remedies, the use of proving, the development of the field, discipline, and science of homeopathy.

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I hope these comments are helpful. I am sorry not to file electronically. I completed the identification boxes and wrote a comment at the comment page and then, when I tried to submit, received an error message and an indication that I had not entered the STATE, which was not the case. I used the drop-down menu again and re-entered the STATE. In this process, my comment disappeared. I am making no request for confidentiality.

Thomas Rosenbaum

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